

THE WOLVERHAMPTON INTEGRATED RESPIRATORY LIFESTYLE (TWIRL)

England & Wales · Charity number 1181568

Details

Status Registered

Legal form CIO

Registered 2019-01-15

Register [View on the Charity Commission register](#)

Contact

Address 8 Farm Road
Wolverhampton
WV3 8EW

Phone 07854778486

Email sharon.nisbet18@outlook.com

Activities

Objects: FOR THE PUBLIC BENEFIT, TO PROMOTE AND PROTECT GOOD HEALTH OF PEOPLE WITH RESPIRATORY CONDITIONS AND THEIR CARERS WITHIN THE CITY OF WOLVERHAMPTON AND SURROUNDING AREAS IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH THE PROVISION OF SUPPORT, INFORMATION, ADVICE AND RECREATIONAL ACTIVITIES.

Activities: Weekly Group at Goodyears Pavilion, Wolverhampton Lunch & refreshments Social activities provided are bingo, quizzes, educational talks, cards and dominoes. These activities encourage members to mix and make new friends. The opportunity to seek advice and support on how to cope with the effects of respiratory diseases from a variety of healthcare professional

Classification

- **How:** Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Wolverhampton

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£9,225	£10,773	-	-
2024-03-31	£9,788	£10,772	-	-
2023-03-31	£8,705	£7,685	-	-
2022-03-31	£3,341	£4,252	-	-
2021-03-31	£0	£432	-	-

Trustees

Name	Role	Appointed
DENISE MARGARET PRITCHARD	Chair	2018-03-29
Dr Helen Marie Ward		2018-03-29
Glynis Davies		2024-04-01
SHARON NISBET		2018-03-29

THE WOLVERHAMPTON INTEGRATED RESPIRATORY LIFESTYLE (TWIRL)

England & Wales - Charity number 1181568

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	April	2024		31	March	2025

Section A Reference and administration details

Charity name TWIRL

Other names charity is known by The Wolverhampton Integrated Respiratory Lifestyle Group

Registered charity number (if any) 1181568

Charity's principal address 8 Farm Road, Finchfield
Wolverhampton
West Midlands
Postcode WV3 8EW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Denise Pritchard	Chair		
2	Glynis Davies	Secretary		
3	Sharon Nisbet	Treasurer		
4	Helen Ward	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
n/a		

Name of chief executive or names of senior staff members (Optional information)

n/a/

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO Association Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Association
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed annually at the Annual General Meeting.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to promote and protect good health of people with respiratory conditions and their carers within the city of Wolverhampton and surrounding areas in particular, but not exclusively through the provision of support, information, advice and recreational activities.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

This group is primarily for people with respiratory conditions and therefore the health and wellbeing of our members is our utmost priority.

The Weekly Group is held at Goodyear's Pavilion, Wolverhampton Lunch/refreshments and Activities provided:

Social activities such as bingo and a table quiz, cards and dominoes are also available. These activities encourage members to mix and make new friends.

The opportunity to seek advice and support on how to cope with the effects of respiratory diseases from a healthcare professional. Advice/concerns can be sought from the Respiratory Nurse when she attends the group which is presently on a monthly basis.

The objective of Twirl through its activities remains to promote and protect good health for people with respiratory conditions and to improve a person's health and wellbeing.

Presentations/talks during the year have been received from the Neighbourhood Safety Officer, Authority Fraud Team and the Compton Care organisation.

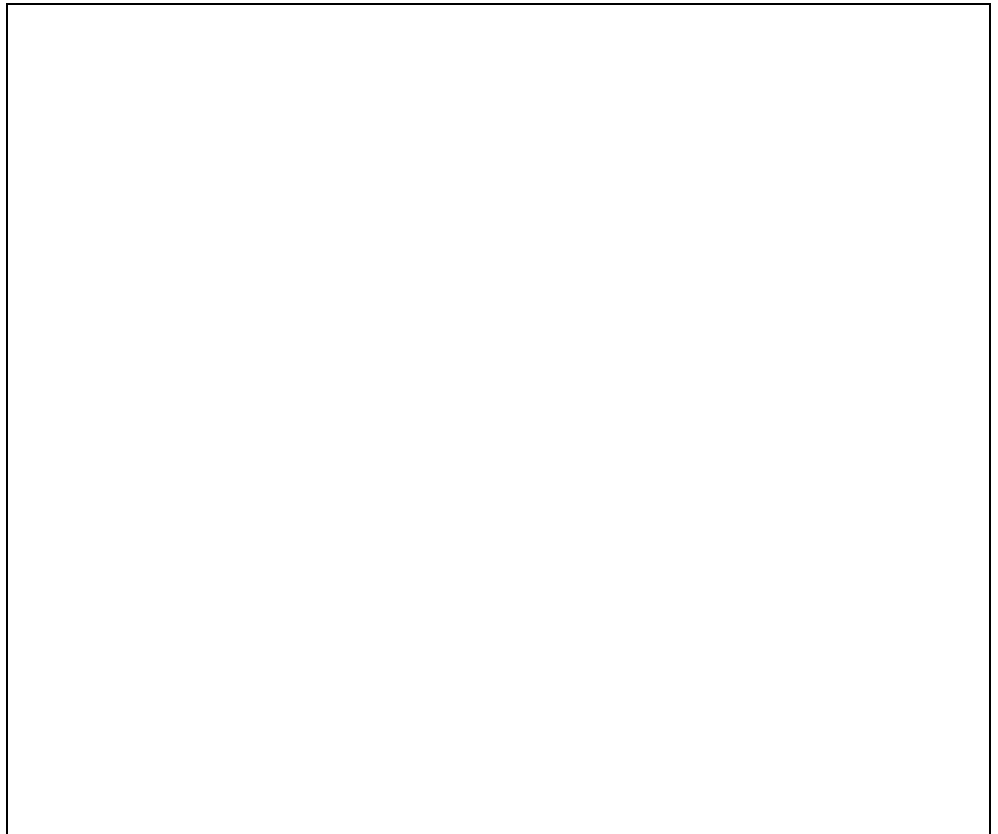
All presentations when available are discussed with the Trustees to ensure that they are suitable for the group, including a restricted timeslot, handouts for members, questions and answer sessions provided and private sessions in a quiet location if required by individual members.

All Trustee members have been notified of the Trustee guidance and provided with an email link for ease of access in order to carry out their duties as described.

Additional details of objectives and activities (Optional information)

may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

43 sessions held on Wednesdays for 3 hours from the 1st April 2024 until 31st March 2025 for adults 18 years and over, carers are also welcome if they wish to attend. Registered membership of 31 (following cleansing of register) with an average of approximately 23 - 25 attendees per session, 4 new members have also joined the Group this year.

Fundraising Activities:

Members of the Group provide items weekly for the Bring and Buy Table Sale.

Ad hoc auctions for donated items by members have also been held during the year.

Weekly raffle held whereby members can if they wish purchase a raffle ticket.

Donations from members have also been made to the group during the year.

Wellbeing

Attending the TWIRL group can help to reduce feelings of social isolation and build lasting friendships.

Brief statement of the charity's policy on reserves

The TWIRL charity has no contractual commitments, for example in respect of property and also does not employ any staff. Therefore no policy in respect of reserves has been constructed.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

[Empty box for optional information]

Section F Other optional information

[Empty box for Section F optional information]

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Denise Pritchard	
Position (eg Secretary, Chair, etc)	Chair	
Date		



TWIRL			Charity No (if any)	1181568	CC17a
Annual accounts for the period					
Period start date	01.04.24	To	Period end date	31.03.2025	

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
Incoming resources (Note 3)							
Incoming resources from generated funds							
Voluntary income	8122	S01	8,122	-	-	8,122	7,848
Activities for generating funds	1103	S02	1,103	-	-	1,103	1,940
Investment income		S03	-	-	-	-	-
Incoming resources from charitable activities							
Other incoming resources		S05	-	-	-	-	-
Total incoming resources			9,225	-	-	9,225	9,788
Resources expended (Notes 4-8)							
Costs of Generating Funds							
Costs of generating voluntary income		S07	-	-	-	-	-
Fundraising trading costs	454	S08	454	-	-	454	230
Investment management costs		S09	-	-	-	-	-
Charitable activities	10319	S10	10,319	-	-	10,319	10,542
Governance costs		S11	-	-	-	-	-
Other resources expended		S12	-	-	-	-	-
Total resources expended			10,773	-	-	10,773	10,772
Net incoming/(outgoing) resources before transfers			- 1,548	-	-	- 1,548	- 984
Gross transfers between funds			-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)			- 1,548	-	-	- 1,548	- 984
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
Net movement in funds			- 1,548	-	-	- 1,548	- 984
Total funds brought forward			16,513	-	-	16,513	17,497
Total funds carried forward			14,965	-	-	14,965	16,513

THE WOLVERHAMPTON INTEGRATED RESPIRATORY LIFESTYLE (TWIRL)

England & Wales - Charity number 1181568

Accounts



Trustees' Annual Report for the period

	Period start date				Period end date		
From	01	April	2023	To	31	March	2024

Section A Reference and administration details

Charity name TWIRL

Other names charity is known by The Wolverhampton Integrated Respiratory Lifestyle Group

Registered charity number (if any) 1181568

Charity's principal address
 22 Tynninghame Avenue
 Wolverhampton
 West Midlands
Postcode WV6 9PW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Denise Pritchard	Chair		
2	Eileen Parkes	Secretary		
3	Sharon Nisbet	Treasurer		
4	Helen Ward	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
n/a		

Name of chief executive or names of senior staff members (Optional information)

n/a/

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	CIO Association Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Association
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed annually at the Annual General Meeting.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to promote and protect good health of people with respiratory conditions and their carers within the city of Wolverhampton and surrounding areas in particular, but not exclusively through the provision of support, information, advice and recreational activities.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

This group is primarily for people with respiratory conditions and therefore the health and wellbeing of our members is our utmost priority.

The Weekly Group is held at Goodyear's Pavilion, Wolverhampton Lunch/refreshments and Activities provided:

Social activities such as bingo and a table quiz, cards and dominoes are also available. These activities encourage members to mix and make new friends.

The opportunity to seek advice and support on how to cope with the effects of respiratory diseases from a healthcare professional. Advice/concerns can be sought from the Respiratory Nurse when she attends the group which is presently on a monthly basis.

The objective of Twirl through its activities remains to promote and protect good health for people with respiratory conditions and to improve a person's health and wellbeing.

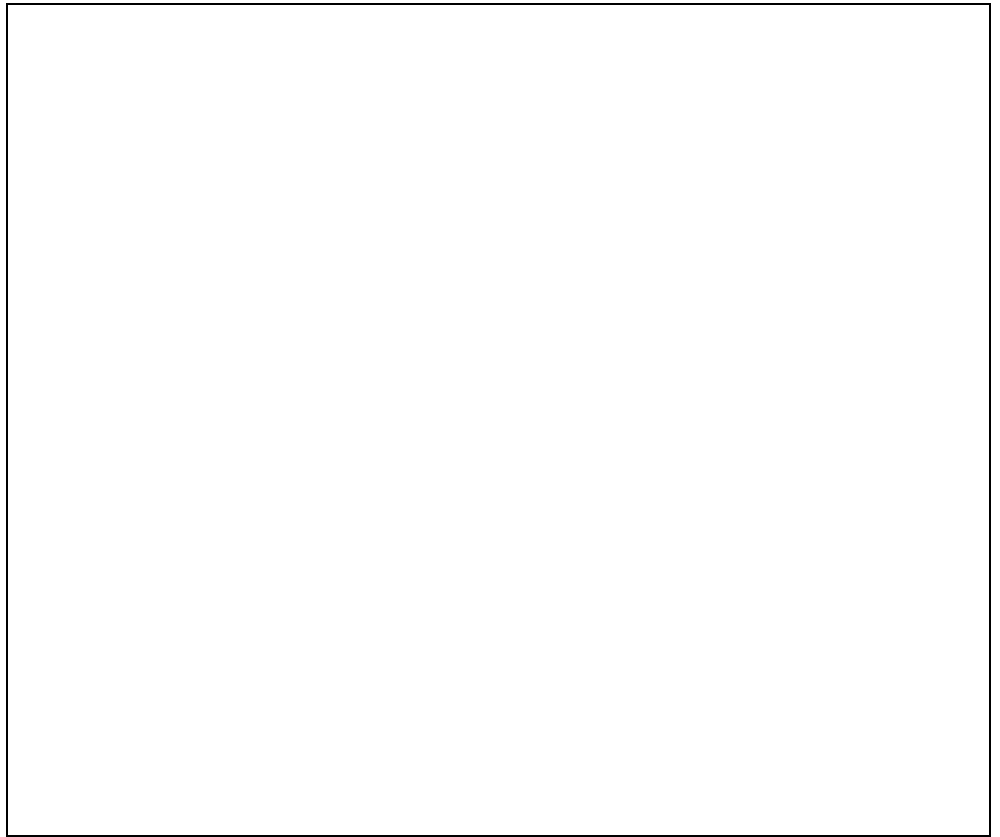
All presentations when available are discussed with the Trustees to ensure that they are suitable for the group, including a restricted timeslot, handouts for members, questions and answer sessions provided and private sessions in a quiet location if required by individual members.

All Trustee members have been notified of the Trustee guidance and provided with an email link for ease of access in order to carry out their duties as described.

Additional details of objectives and activities (Optional information)

may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

42 sessions held on Wednesdays for 3 hours from the 1st April 2023 until 31st March 2024 for adults 18 years and over, carers are also welcome if they wish to attend. Registered membership of 59 with an average of approximately 26 - 28 attendees per session, 14 new members have also joined the Group this year.

Fundraising Activities:

Members of the Group provide items weekly for the Bring and Buy Table Sale.

Ad hoc auctions for donated items by members have also been held during the year.

Weekly raffle held whereby members can if they wish purchase a raffle ticket.

Donations from members have also been made to the group during the year.

Wellbeing

Attending the TWIRL group can help to reduce feelings of social isolation and build lasting friendships.

Brief statement of the charity's policy on reserves

The TWIRL charity has no contractual commitments, for example in respect of property and also does not employ any staff. Therefore no policy in respect of reserves has been constructed.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Empty box for optional information.

Section F Other optional information

Large empty box for other optional information.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Denise Pritchard	
Position (eg Secretary, Chair, etc)	Chair	
Date		

Section B Balance sheet

		Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
Fixed assets							
Tangible assets	(Note 9)	B01	-	-	-	-	-
		B02	-	-	-	-	-
Investments	(Note 10)	B03	-	-	-	-	-
	<i>Total fixed assets</i>	B04	-	-	-	-	-
Current assets							
Stock and work in progress		B05	-	-	-	-	-
Debtors	(Note 11)	B06	-	-	-	-	-
(Short term) investments		B07	-	-	-	-	-
Cash at bank and in hand		B08	17,638	-	-	17,638	18,407
	<i>Total current assets</i>	B09	17,638	-	-	17,638	18,407
Creditors: amounts falling due within one year	(Note 12)	B10	1,125	-	-	1,125	910
	<i>Net current assets/(liabilities)</i>	B11	16,513	-	-	16,513	17,497
	<i>Total assets less current liabilities</i>	B12	16,513	-	-	16,513	17,497
Creditors: amounts falling due after one year	(Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges		B14	-	-	-	-	-
	<i>Net assets</i>	B15	16,513	-	-	16,513	17,497
Funds of the Charity							
Unrestricted funds		B16	16,513			16,513	17,497
		B17	-			-	-
Restricted income funds (Note 13)		B18		-		-	-
Endowment funds (Note 13)		B19			-	-	-
	<i>Total funds</i>	B20	16,513	-	-	16,513	17,497

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
S Nisbet	S Nisbet	19.06.24

THE WOLVERHAMPTON INTEGRATED RESPIRATORY LIFESTYLE (TWIRL)

England & Wales - Charity number 1181568

Accounts



Trustees' Annual Report for the period

Period start date		Period end date	
From	01 April 2022	To	31 March 2023

Section A Reference and administration details

Charity name

TWIRL

Other names charity is known by

The Wolverhampton Integrated Respiratory Lifestyle Group

Registered charity number (if any)

1181568

Charity's principal address

22 Tynninghame Avenue

Wolverhampton

West Midlands

Postcode

WV6 9PW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Denise Pritchard	Chair		
2	Eileen Parkes	Secretary		
3	Sharon Nisbet	Treasurer		
4	Helen Ward	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
n/a		

Name of chief executive or names of senior staff members (Optional information)

n/a/

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	CIO Association Constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Association
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Trustees are appointed or reappointed annually at the Annual General Meeting.

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to promote and protect good health of people with respiratory conditions and their carers within the city of Wolverhampton and surrounding areas in particular, but not exclusively through the provision of support, information, advice and recreational activities.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

This group is primarily for people with respiratory conditions and therefore the health and wellbeing of our members is our utmost priority.

The Weekly Group is held at Goodyear's Pavilion, Wolverhampton Lunch/refreshments and Activities provided:

Social activities such as bingo and a table quiz, cards and dominoes are also available. These activities encourage members to mix and make new friends.

The opportunity to seek advice and support on how to cope with the effects of respiratory diseases from a healthcare professional. Advice/concerns can be sought from the Respiratory Nurse when she attends the group which is presently on a monthly basis.

Presentations/talks during the year have been received from the Fire Service, Police Service, Neighbourhood Watch, Authority Fraud Team and the Compton Care organisation. Respiratory talks when required are provided by the attending Respiratory Nurse.

The objective of Twirl through its various presentations/activities remains to promote and protect good health for people with respiratory conditions and to improve a person's health and wellbeing.

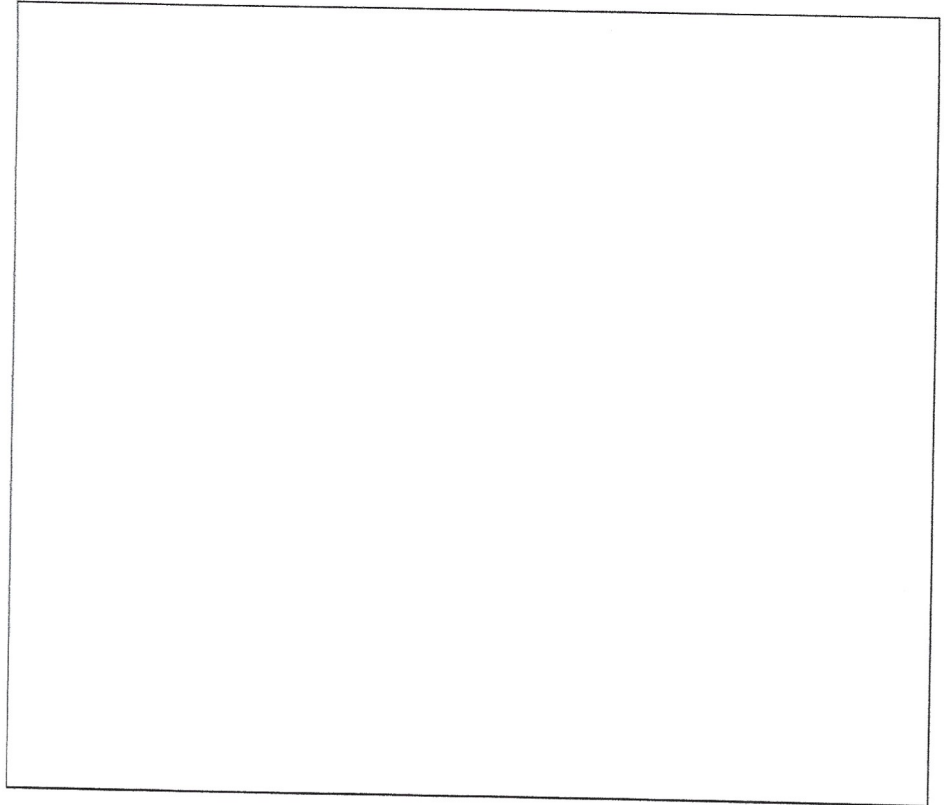
All future presentations are discussed with the Trustees to ensure that they are suitable for the group, including a restricted timeslot, handouts for members, questions and answer sessions provided and private sessions in a quiet location if required by individual members.

All Trustee members have been notified of the Trustee guidance and provided with an email link for ease of access in order to carry out their duties as described.

Additional details of objectives and activities (Optional information)

may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

A large, empty rectangular box with a thin black border, intended for providing optional information as described in the text to the left.

Summary of the main achievements of the charity during the year

44 sessions held on Wednesdays for 3 hours from the 1st April 2022 until 31st March 2023 for adults 18 years and over including carers. Registered membership of 33 with an average of approximately 24- 28 attendees per session, 2 new members have also joined the Group this year.

Fundraising Activities:

Members of the Group provide items weekly for the Bring and Buy Table Sale.

Auction for donated items by members has also been held during the year.

Weekly raffle held whereby members can if they wish purchase a raffle ticket.

Christmas Hamper Raffle held with donated food items from the members.

Community Support

Some members have also made Twiddle Muffs for the local Memory Matters Group for dementia patients.

Wellbeing

Attending the TWIRL group can help to reduce feelings of social isolation and build lasting friendships.

Brief statement of the charity's policy on reserves

The TWIRL charity has no contractual commitments, for example in respect of property and also does not employ any staff. Therefore no policy in respect of reserves has been constructed.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information


Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Denise Pritchard

Position (eg Secretary, Chair, etc)

Chair

Date

16/08/2023

Section B Balance sheet

		Note	Restricted			Total this year £	Total last year £
			Unrestricted funds £	income funds £	Endowment funds £		
			F01	F02	F03	F04	F05
Fixed assets							
Tangible assets	(Note 9)	B01	-	-	-	-	-
		B02	-	-	-	-	-
Investments	(Note 10)	B03	-	-	-	-	-
	<i>Total fixed assets</i>	B04	-	-	-	-	-
Current assets							
Stock and work in progress		B05	-	-	-	-	-
Debtors	(Note 11)	B06	-	-	-	-	-
(Short term) investments		B07	-	-	-	-	-
Cash at bank and in hand		B08	18,407	-	-	18,407	17,522
	<i>Total current assets</i>	B09	18,407	-	-	18,407	17,522
Creditors: amounts falling due within one year	(Note 12)	B10	910	-	-	910	1,045
	<i>Net current assets/(liabilities)</i>	B11	17,497	-	-	17,497	16,477
	<i>Total assets less current liabilities</i>	B12	17,497	-	-	17,497	16,477
Creditors: amounts falling due after one year	(Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges		B14	-	-	-	-	-
	<i>Net assets</i>	B15	17,497	-	-	17,497	16,477
Funds of the Charity							
Unrestricted funds		B16	17,497			17,497	16,477
		B17	-			-	-
Restricted income funds (Note 13)		B18		-		-	-
Endowment funds (Note 13)		B19			-	-	-
	<i>Total funds</i>	B20	17,497	-	-	17,497	16,477

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
S Nisbet	S Nisbet	17.08.22

THE WOLVERHAMPTON INTEGRATED RESPIRATORY LIFESTYLE (TWIRL)

England & Wales - Charity number 1181568

Accounts



Trustees' Annual Report for the period

Period start date
From 01 April 2021 **To** 31 March 2022
 Period end date

Section A

Reference and administration details

Charity name

TWIRL

Other names charity is known by

The Wolverhampton Integrated Respiratory Lifestyle Group

Registered charity number (if any)

1181568

Charity's principal address

22 Tynninghame Avenue

Wolverhampton

West Midlands

Postcode

WV6 9PW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Denise Pritchard	Chair		
2	Eileen Parkes	Secretary		
3	Sharon Nisbet	Treasurer		
4	Helen Ward	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
n/a		

Name of chief executive or names of senior staff members (Optional information)

n/a/

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	CIO Association Constitution
How the charity is constituted <small>(eg. trust, association, company)</small>	Charitable Incorporated Association
Trustee selection methods <small>(eg. appointed or elected by)</small>	Trustees are appointed or reappointed annually at the Annual General Meeting.

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to promote and protect good health of people with respiratory conditions and their carers within the city of Wolverhampton and surrounding areas in particular, but not exclusively through the provision of support, information, advice and recreational activities.

This group is primarily for people with respiratory conditions and therefore the health and wellbeing of our members was our utmost priority. Accordingly, it was agreed by the Trustees to close the group on the 11th March 2020 due to the coronavirus pandemic and it was not reconvened until the 1st September 2021.

The Weekly Group is held at Goodyear's Pavilion, Wolverhampton
Lunch/refreshments and Activities provided:

Social activities such as bingo, quizzes, cards and dominoes are also available. These activities encourage members to mix and make new friends.

The opportunity to seek advice and support on how to cope with the effects of respiratory diseases from a healthcare professional. Advice/concerns can be sought from the Respiratory Nurse when she attends the group which is presently on a monthly basis.

Seated Exercise Session

Provided for those members who want to participate with the intention of improving their health via gentle exercise.

A presentation/talk schedule for the Group is currently being compiled for the next financial year now that covid restrictions have been eased.

All future presentations are discussed with the Trustees to ensure that they are suitable for the group, including a restricted timeslot, handouts for members, questions and answer sessions provided and private sessions in a quiet location if required by individual members.

All Trustee members have been notified of the Trustee guidance and provided with an email link for ease of access in order to carry out their duties as described.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

A large, empty rectangular box with a thin black border, intended for providing additional details on objectives and activities. It occupies the right half of the page.

Section D

Summary of the main achievements of the charity during the year

26 sessions held on Wednesdays for 3 hours from the 1st September 2021 until 31st March 2022 for adults 18 years and over including carers. Registered membership of 45 with an average of approximately 24- 28 attendees per session, 12 new members have also joined the Group this year.

Fundraising Activities:

Members of the Group provide items weekly for the Bring and Buy Table Sale.

Auction for donated items by members has also been held during the year.

Weekly raffle held whereby members can if they wish purchase a raffle ticket.

Community Support

Some members have also made Twiddle Muffs for the local Memory Matters Group for dementia patients.

Wellbeing

Attending the TWIRL group can help to reduce feelings of social isolation and build lasting friendships.

Section E

Financial review

Brief statement of the charity's policy on reserves

The TWIRL charity has no contractual commitments, for example in respect of property and also does not employ any staff. Therefore no policy in respect of reserves has been constructed.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Denise Pritchard

Position (eg Secretary, Chair, etc)

Chair

Date

17/08/22



TWIRL		Charity No (if any)	1181568	CC17a
Annual accounts for the period				
Period start date	01.04.21	To	Period end date 31.03.2022	

Section A Statement of financial activities

Recommended categories by activity	Details of own analysis	Note	Restricted			Total this year	Total last year
			Unrestricted funds	income funds	Endowment funds		
			£	£	£	£	£
			F01	F02	F03	F04	F05
Incoming resources (Note 3)							
Incoming resources from generated funds							
Voluntary income	2498	S01	2,498	-	-	2,498	-
Activities for generating funds	843	S02	843	-	-	843	-
Investment income		S03	-	-	-	-	-
Incoming resources from charitable activities							
Other incoming resources		S04	-	-	-	-	-
		S05	-	-	-	-	-
Total incoming resources			3,341	-	-	3,341	-
Resources expended (Notes 4-8)							
Costs of Generating Funds							
Costs of generating voluntary income		S07	-	-	-	-	-
Fundraising trading costs	51	S08	51	-	-	51	-
Investment management costs		S09	-	-	-	-	-
Charitable activities	4201	S10	4,201	-	-	4,201	432
Governance costs		S11	-	-	-	-	-
Other resources expended		S12	-	-	-	-	-
Total resources expended			4,252	-	-	4,252	432
Net incoming/(outgoing) resources before transfers			911	-	-	911	432
Gross transfers between funds			-	-	-	-	-
Net incoming/(outgoing) resources before other recognised gains/(losses)			911	-	-	911	432
Other recognised gains/(losses)							
Gains and losses on revaluation of fixed assets for the charity's own use		S17	-	-	-	-	-
Gains and losses on investment assets		S18	-	-	-	-	-
Net movement in funds			911	-	-	911	432
Total funds brought forward			17,388	-	-	17,388	17,820
Total funds carried forward			16,477	-	-	16,477	17,388

Section B

Balance sheet

	Note	Restricted			Total this year £ F04	Total last year £ F05
		Unrestricted funds £ F01	income funds £ F02	Endowment funds £ F03		
Fixed assets						
Tangible assets (Note 9)	B01	-	-	-	-	
	B02	-	-	-	-	
Investments (Note 10)	B03	-	-	-	-	
Total fixed assets	B04	-	-	-	-	
Current assets						
Stock and work in progress	B05	-	-	-	-	
Debtors (Note 11)	B06	-	-	-	-	
(Short term) investments	B07	-	-	-	-	
Cash at bank and in hand	B08	17,522	-	-	17,388	
Total current assets	B09	17,522	-	-	17,388	
Creditors: amounts falling due within one year (Note 12)	B10	1,045	-	-	-	
Net current assets/(liabilities)	B11	16,477	-	-	17,388	
Total assets less current liabilities	B12	16,477	-	-	17,388	
Creditors: amounts falling due after one year (Note 12)	B13	-	-	-	-	
Provisions for liabilities and charges	B14	-	-	-	-	
Net assets	B15	16,477	-	-	17,388	
Funds of the Charity						
Unrestricted funds	B16	16,477			17,388	
	B17	-			-	
Restricted income funds (Note 13)	B18		-		-	
Endowment funds (Note 13)	B19			-	-	
Total funds	B20	16,477	-	-	17,388	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
S Nisbet	S Nisbet	17.08.22

Section C**Notes to the accounts****Note 1 Basis of preparation**

This section should be completed by all charities .

1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with* Accounting Standards;
- or Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

[** except for the following].

Give details in this box if a different standard has been followed.

* -Tick as appropriate:

- if all relevant disclosures shown in the pack have been given then please tick “Accounting Standards”;
- if disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick “Financial Reporting Standards for Smaller Enterprises (FRSSE)”.

** - If no departures from the chosen standards have been made then delete these words; otherwise give details of any changes in the boxes.

1.2 Change in basis of accounting

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year (§ except for the following).

Give details in this box of any material changes that have been made.

§ if no changes have been made to accounting policies then delete these words.

1.3 Changes to previous accounts

No changes have been made to accounts for previous years (§§ except for the following).

Give details in this box of any material changes that have been made.

§§ if no changes have been made to accounts for previous periods then delete these words.

Note 2 Accounting policies

This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.

INCOMING RESOURCES

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> the charity becomes entitled to the resources; the trustees are virtually certain they will receive the resources; and the monetary value can be measured with sufficient reliability.
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
Tax reclaims on donations and gifts	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.
Donated services and facilities	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Governance costs	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
Support Costs	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

**POLICIES ADOPTED
ADDITIONAL TO OR
DIFFERENT FROM THOSE
ABOVE**

--

Note 3 Analysis of incoming resources

Incoming resources may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Voluntary income			
	Subscriptions	1,988	-
	Donations	510	-
		-	-
	Total	2,498	-
Activities for generating funds			
	Fund Raising	:	-
	Raffles etc	843	-
		-	-
		-	-
		-	-
	Total	843	-
Investment income			
		-	-
		-	-
		-	-
		-	-
		-	-
	Total	-	-
Incoming resources from charitable activities			
		-	-
		-	-
		-	-
		-	-
	Total	-	-

Section C

Notes to the accounts

(cont)

Note 4 Analysis of resources expended

Resources expended may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Costs of generating voluntary income		-	-
		-	-
		-	-
		-	-
	Total	-	-
Fundraising trading costs	Prizes	51	-
		-	-
		-	-
		-	-
	Total	51	-
Investment management costs		-	-
		-	-
	Total	-	-
Charitable activities	Christmas Meal for members	288	320
			-
	Catering	3,240	-
	Yoga Exercises	180	-
	Other	493	112
Total	4,201	432	
Governance costs		-	-
		-	-
		-	-
	Total	-	-

Note 5 Support Costs

Please complete this note if the charity has analysed its expenses using activity categories and has support costs.

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Total	-	-	-	-

Note 6 Details of certain items of expenditure**6.1 Trustee expenses**

Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
None	None
None	None

6.2 Fees for examination or audit of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £
None	None
None	None

Section C

Notes to the accounts

(cont)

Note 7 Paid employees

Please complete this note if the charity has any employees.

7.1 Staff Costs

	This year £	Last year £
Gross wages, salaries and benefits in kind	-	-
Employer's National Insurance costs	-	-
Pension costs	-	-
Total staff costs	-	-

7.2 Average number of full-time equivalent employees in the year

	This year Number	Last year Number
The parts of the charity in which the employees work		
Fundraising	-	-
Charitable Activities	-	-
Governance	-	-
Other	-	-
Total	-	-

7.3 Defined contribution pension scheme

Please complete if a defined contribution pension scheme is operated.

Brief details of the scheme

--

	This year £	Last year £
The costs of the scheme to the charity for the year	0	0
The amount of any contributions outstanding at the year end	0	0
The amount of any contributions prepaid at the year end	0	0

Note 9 Tangible fixed assets*Please complete this note if the charity has any tangible fixed assets***9.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	-	-	-	-	-	-
Additions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

9.2 Accumulated depreciation and impairment provisions

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	SL or RB
** Rate					

Balance brought forward	-	-	-	-	-	-
Depreciation charge for year	-	-	-	-	-	-
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

9.3 Net book value

Brought forward	-	-	-	-	-	-
Carried forward	-	-	-	-	-	-

9.4 Revaluation*If any fixed assets have been revalued please give details of the valuer and method of valuation*

--

* The "transfers" row is for movements between fixed asset categories.

** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

Note 10 Investment assets

Please complete this note if the charity has any investment assets.

10.1 Fixed assets investments

	£
Carrying (market) value at beginning of year	-
Add: additions to investments at cost	-
Less: disposals at carrying value	-
Add/(deduct): net gain/(loss) on revaluation	-
Carrying (market) value at end of year	-

Please provide below:

10.2 A breakdown of the market values of investments shown above agreeing with the balance sheet row B03.

10.3 A breakdown of the income from investments agreeing with SOFA row S03.

Analysis of investments

	10.2 Market value at year end £	10.3 Income from investments for the year £
Investment properties	-	-
Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes	-	-
Investments in subsidiary or connected undertakings and companies	-	-
Securities not listed on a recognised Stock Exchange	-	-
Cash held as part of the investment portfolio	-	-
Other investments	-	-
Total	-	-

10.4 Material investment holdings

If any single investment is material in terms of its value (for example represents more than 5 per cent of the value of the charity's total investments) please provide details.

Investment held

Market Value

Note 11 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

Analysis of debtors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	-	-	-	-
Total	-	-	-	-

Note 12 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

12.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	1,045	-	-	-
Total	1,045	-	-	-

12.2 Security over assets

If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.

--

Note 14 Transactions with related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in note 6) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.

14.1 Remuneration and benefits

Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
		0	0
		0	0
		0	0

14.2 Loans

Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.

	Name of trustee or connected party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties			0	0
Due from trustees and related parties			0	0

14.3 Other transaction(s) with trustees or related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
			0	0
			0	0
			0	0

Note 15**Additional Disclosures**

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.

THE WOLVERHAMPTON INTEGRATED RESPIRATORY LIFESTYLE (TWIRL)

England & Wales - Charity number 1181568

Accounts



Trustees' Annual Report for the period

	Period start date	Period end date
From	01 April 2020	To 31 March 2021

Section A Reference and administration details

Charity name **TWIRL**

Other names charity is known by **The Wolverhampton Integrated Respiratory Lifestyle Group**

Registered charity number (if any) **1181568**

Charity's principal address **22 Tynninghame Avenue**
Wolverhampton
West Midlands
Postcode WV6 9PW

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Denise Pritchard	Chair		
2	Eileen Parkes	Secretary		
3	Sharon Nisbet	Treasurer		
4	Helen Ward	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
n/a	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
n/a		

Name of chief executive or names of senior staff members (Optional information)

n/a/

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	CIO Association Constitution
How the charity is constituted	Charitable Incorporated Association
Trustee selection methods	Trustees are appointed or reappointed annually at the Annual General Meeting.

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to promote and protect good health of people with respiratory conditions and their carers within the city of Wolverhampton and surrounding areas in particular but not exclusively through the provision of support, information, advice and recreational activities.

This group is primarily for people with respiratory conditions and therefore the health and wellbeing of our members was our utmost priority. Accordingly, it was agreed by the Trustees to close the group on the 11th March 2020 due to the coronavirus pandemic and it was not reconvened until the 1st September 2021.

Throughout the 17 months when the Twirl Group was closed, it was agreed to retain contact with the members through mailed postal letters. These being:

- June 2020 regarding the welfare of the Group during the coronavirus pandemic.
- September 2020 informing the members that the Group would not be reconvening during 2020.
- December 2020 a Christmas card and gift voucher was sent to all registered members.
- June 2021 a further letter was circulated to members stating it was expecting to reconvene the Group during the year when it was deemed safe for members.
- August 2021 a letter was circulated to members stating that the Group would reconvene on the 1st September 2021.

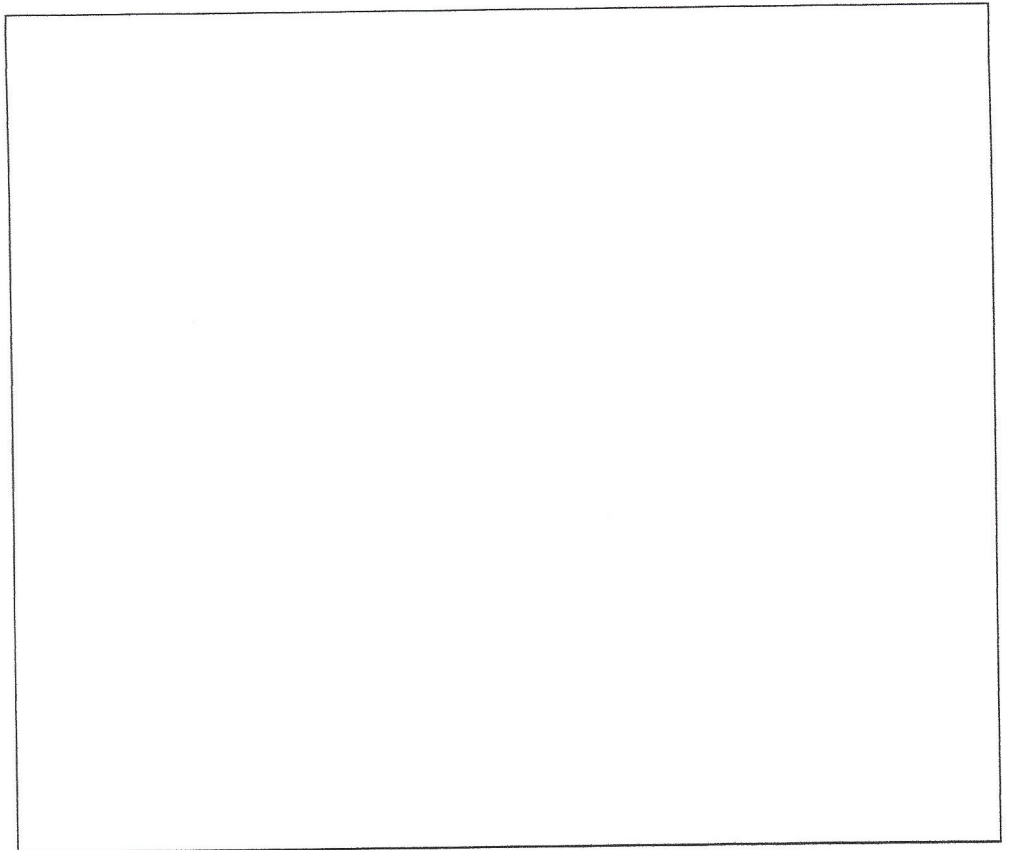
All Trustee members have been notified of the Trustee guidance and provided with an email link for ease of access in order to carry out their duties as described.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Section D

Achievements and performance

Summary of the main achievements of the charity during the year

No information available as the Group was closed for this financial year due to the coronavirus pandemic.

The objective of Twirl through its various presentations/activities when re established remains to promote and protect good health for people with respiratory conditions and to improve a person's health and wellbeing.

Attending the TWIRL group can help to reduce feelings of social isolation and build lasting friendships.

Section E

Financial review

Brief statement of the charity's policy on reserves

The TWIRL charity has no contractual commitments, for example in respect of property and also does not employ any staff. Therefore no policy in respect of reserves has been constructed.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

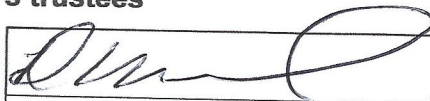
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Denise Pritchard

Position (eg Secretary, Chair, etc)

Chair

Date

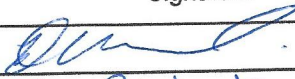
19/10/2021

Section B

Balance sheet

		Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets							
Tangible assets	(Note 9)	B01	-	-	-	-	-
		B02	-	-	-	-	-
Investments	(Note 10)	B03	-	-	-	-	-
Total fixed assets		B04	-	-	-	-	-
Current assets							
Stock and work in progress		B05	-	-	-	-	-
Debtors	(Note 11)	B06	-	-	-	-	-
(Short term) investments		B07	-	-	-	-	-
Cash at bank and in hand		B08	17,388	-	-	17,388	18,080
Total current assets		B09	17,388	-	-	17,388	18,080
Creditors: amounts falling due within one year	(Note 12)	B10	-	-	-	-	260
Net current assets/(liabilities)		B11	17,388	-	-	17,388	17,820
Total assets less current liabilities		B12	17,388	-	-	17,388	17,820
Creditors: amounts falling due after one year	(Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges		B14	-	-	-	-	-
Net assets		B15	17,388	-	-	17,388	17,820
Funds of the Charity							
Unrestricted funds		B16	17,388			17,388	17,820
		B17	-			-	-
Restricted income funds (Note 13)		B18		-		-	-
Endowment funds (Note 13)		B19			-	-	-
Total funds		B20	17,388	-	-	17,388	17,820

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	SHARON NISBET	20/10/21
S Nisbet	SHARON NISBET	20/10/21

Section B

Balance sheet

	Note	Restricted			Total this year £	Total last year £
		Unrestricted funds £	income funds £	Endowment funds £		
		F01	F02	F03	F04	F05
Fixed assets						
Tangible assets (Note 9)	B01	-	-	-	-	-
	B02	-	-	-	-	-
Investments (Note 10)	B03	-	-	-	-	-
Total fixed assets	B04	-	-	-	-	-
Current assets						
Stock and work in progress	B05	-	-	-	-	-
Debtors (Note 11)	B06	-	-	-	-	-
(Short term) investments	B07	-	-	-	-	-
Cash at bank and in hand	B08	17,388	-	-	17,388	18,080
Total current assets	B09	17,388	-	-	17,388	18,080
Creditors: amounts falling due within one year (Note 12)	B10	-	-	-	-	260
Net current assets/(liabilities)	B11	17,388	-	-	17,388	17,820
Total assets less current liabilities	B12	17,388	-	-	17,388	17,820
Creditors: amounts falling due after one year (Note 12)	B13	-	-	-	-	-
Provisions for liabilities and charges	B14	-	-	-	-	-
Net assets	B15	17,388	-	-	17,388	17,820
Funds of the Charity						
Unrestricted funds	B16	17,388			17,388	17,820
	B17	-			-	-
Restricted income funds (Note 13)	B18		-		-	-
Endowment funds (Note 13)	B19			-	-	-
Total funds	B20	17,388	-	-	17,388	17,820

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

Note 1 Basis of preparation

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with:

- Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005);
- and with* Accounting Standards;
- or Financial Reporting Standards for Smaller Enterprises (FRSSE);
- and with the Charities Act.

[** except for the following].

Give details in this box if a different standard has been followed.

* -Tick as appropriate:

- if all relevant disclosures shown in the pack have been given then please tick "Accounting Standards";
- if disclosures completed in these accounts have been restricted to those required by the FRSSE, then please tick "Financial Reporting Standards for Smaller Enterprises (FRSSE)".

** - If no departures from the chosen standards have been made then delete these words; otherwise give details of any changes in the boxes.

1.2 Change in basis of accounting

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year (§ except for the following).

Give details in this box of any material changes that have been made.

§ if no changes have been made to accounting policies then delete these words.

1.3 Changes to previous accounts

No changes have been made to accounts for previous years (§§ except for the following).

Give details in this box of any material changes that have been made.

§§ if no changes have been made to accounts for previous periods then delete these words.

Note 2 Accounting policies

This standard list of accounting policies has been applied by the charity except for those deleted. Where a different or additional policy has been adopted then this is detailed in the box below.

INCOMING RESOURCES

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> • the charity becomes entitled to the resources; • the trustees are virtually certain they will receive the resources; and • the monetary value can be measured with sufficient reliability.
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.
Tax reclaims on donations and gifts	Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.
Donated services and facilities	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Governance costs	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
Support Costs	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

**POLICIES ADOPTED
ADDITIONAL TO OR
DIFFERENT FROM THOSE
ABOVE**

Note 3 Analysis of incoming resources

Incoming resources may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Voluntary income			
	VOLUNTARY INCOME RECEIVED FEB - MARCH 2018		7,912
			-
		-	-
	Total	-	7,912
Activities for generating funds	Fund Raising	-	1,370
	Raffles etc	-	3,152
		-	-
		-	-
		-	-
	Total	-	4,522
Investment income		-	-
		-	-
		-	-
		-	-
		-	-
	Total	-	-
Incoming resources from charitable activities		-	-
		-	-
		-	-
		-	-
		-	-
	Total	-	-

Note 4**Analysis of resources expended**

Resources expended may be further analysed if this would help the reader of the accounts.

	Analysis	This year £	Last year £
Costs of generating voluntary income			-
			-
			-
		-	-
	Total	-	-
Fundraising trading costs	Prizes	-	25
		-	-
		-	-
		-	-
	Total	-	25
Investment management costs		-	-
		-	-
	Total	-	-
Charitable activities	Christmas Gift Vouchers for members	320	-
			-
	Catering		8,043
	Yoga Exercises		680
	Other	112	2,425
	Total	432	11,148
Governance costs		-	-
		-	-
	Total	-	-

Note 5 Support Costs

Please complete this note if the charity has analysed its expenses using activity categories and has support costs.

Support cost type	Fundraising activity £	Charitable Activity £	Governance Activity £	Total Cost £
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Total	-	-	-	-

Note 6 Details of certain items of expenditure**6.1 Trustee expenses**

Please provide details of the amount of any payment or reimbursement of out-of-pocket expenses made to trustees or to third parties for expenses incurred by trustees. If no expenses were paid, please enter 'None' in the appropriate box(es).

Number of trustees who were paid expenses

Nature of the expenses

Total amount paid

This year	Last year
None	None
None	None

6.2 Fees for examination or audit of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner or auditor. If nothing was paid please enter NONE in the appropriate box(es).

Independent examiner's or auditors' fees for reporting on the accounts

Other fees (for example: advice, consultancy, accountancy services) paid to the independent examiner or auditor

This year £	Last year £
None	None
None	None

Note 7 Paid employees*Please complete this note if the charity has any employees.***7.1 Staff Costs**

	This year £	Last year £
Gross wages, salaries and benefits in kind	-	-
Employer's National Insurance costs	-	-
Pension costs	-	-
Total staff costs	-	-

7.2 Average number of full-time equivalent employees in the year

	This year Number	Last year Number
The parts of the charity in which the employees work	-	-
Charitable Activities	-	-
Governance	-	-
Other	-	-
Total	-	-

7.3 Defined contribution pension scheme*Please complete if a defined contribution pension scheme is operated.*

Brief details of the scheme

--

	This year £	Last year £
The costs of the scheme to the charity for the year	0	0
The amount of any contributions outstanding at the year end	0	0
The amount of any contributions prepaid at the year end	0	0

Note 9 Tangible fixed assets*Please complete this note if the charity has any tangible fixed assets***9.1 Cost or valuation**

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Payments on account and assets under construction	Total
	£	£	£	£	£	£
Balance brought forward	-	-	-	-	-	-
Additions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers *	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

9.2 Accumulated depreciation and impairment provisions

**Basis	SL or RB	SL or RB	SL or RB	SL or RB	SL or RB
** Rate					

Balance brought forward	-	-	-	-	-	-
Depreciation charge for year	-	-	-	-	-	-
Impairment provisions	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-
Disposals	-	-	-	-	-	-
Transfers*	-	-	-	-	-	-
Balance carried forward	-	-	-	-	-	-

9.3 Net book value

Brought forward	-	-	-	-	-	-
Carried forward	-	-	-	-	-	-

9.4 Revaluation*If any fixed assets have been revalued please give details of the valuer and method of valuation*

--

* The "transfers" row is for movements between fixed asset categories.

** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.

Note 10 Investment assets

Please complete this note if the charity has any investment assets.

10.1 Fixed assets investments

Carrying (market) value at beginning of year
Add: additions to investments at cost
Less: disposals at carrying value
Add/(deduct): net gain/(loss) on revaluation
 Carrying (market) value at end of year

£
-
-
-
-
-

Please provide below:

10.2 A breakdown of the market values of investments shown above agreeing with the balance sheet row B03.

10.3 A breakdown of the income from investments agreeing with SOFA row S03.

Analysis of investments**Investment properties**

Investments listed on a recognised stock exchange or held in common investment funds, open ended investment companies, unit trusts or other collective investment schemes

Investments in subsidiary or connected undertakings and companies

Securities not listed on a recognised Stock Exchange

Cash held as part of the investment portfolio

Other investments

10.2 Market value at year end £	10.3 Income from investments for the year £
-	-
-	-
-	-
-	-
-	-
-	-
-	-
Total	-

10.4 Material investment holdings

If any single investment is material in terms of its value (for example represents more than 5 per cent of the value of the charity's total investments) please provide details.

Investment held

Market Value

Note 11 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

Analysis of debtors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Trade debtors	-	-	-	-
Amounts due from subsidiary and associated undertakings	-	-	-	-
Other debtors	-	-	-	-
Prepayments and accrued income	-	-	-	-
Total	-	-	-	-

Note 12 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

12.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	-	260	-	-
Total	-	260	-	-

12.2 Security over assets

If any loan, overdraft or other creditor holds a charge or other security over any assets of the charity please provide details.

--

Note 14 Transactions with related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in note 6) details of such transactions should be provided in this note. If there are no transactions to report, please enter "None" in the relevant boxes.

14.1 Remuneration and benefits

Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee or other related parties by the charity or any institution or company connected with it.

Name of trustee or connected party	Legal authority (eg order, governing document)	Amounts paid or benefit value	
		This year £	Last year £
		0	0
		0	0
		0	0

14.2 Loans

Please give details of and amounts owing to or from the charity's trustees or other related parties by the charity at the year end.

	Name of trustee or connected party	Legal authority	Amount owing	
			This year £	Last year £
Due to trustees and related parties			0	0
Due from trustees and related parties			0	0

14.3 Other transaction(s) with trustees or related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a trustee or related party has a material interest.

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	This year £	Last year £
			0	0
			0	0
			0	0

Note 15

Additional Disclosures

The following are significant matters which are not covered in other notes and need to be included to provide a proper understanding of the accounts. If there is insufficient room here, please add a separate sheet.